

Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

Looking for playgroups?

Visit www.BuildingBrightFutures.org for the calendar of events or call the WIC Office for a listing of events in your area.

Understanding your newborn baby's behavior

2:00–2:30 p.m.

Wednesday, March 11

Tuesday, April 21

Wednesday, May 13

WIC Office, 3rd floor

27 Federal Street, St. Albans

6:00–6:30 p.m.

Monday, March 23

Tuesday, April 28

Wednesday, May 20

Family Birth Center

Northwestern Medical Center

For all prenatal moms. Join other pregnant women like you to learn about newborn behavior, so you can know what to expect after your baby is born.

We'll talk about hunger cues, infant sleep patterns, and reasons for crying, and we'll also help you see solutions to common concerns.

Understanding your baby better can help you feel less stressed and more confident in caring for your newborn.

Call 524-7970 to register.

Understanding your baby's cues

3:00–3:30 p.m.

Wednesday, March 11

Tuesday, April 21

Wednesday, May 13

WIC Office, 3rd floor

27 Federal Street, St. Albans

7:00–7:30 p.m.

Monday, March 23

Tuesday, April 28

Wednesday, May 20

Family Birth Center

Northwestern Medical Center

For parents with new babies.

Join other new parents like you to learn about baby behavior.

Understanding how babies sleep, why they cry, and what they need

can help you feel more relaxed and confident.

Responding quickly to your baby's cues helps your baby feel more safe and secure.

We've moved!

Our new address is:

**27 Federal Street
St. Albans, VT 05478**

Call 524-7970 to register.

All activities are **FREE**
of charge!

Preparing for birth and the first 10 days

Tuesday, March 31

Noon–1:30 p.m.

WIC Office, 3rd floor

Thursday April 9; 6:00–7:30 p.m.

Family Birth Center

Northwestern Medical Center

Tuesday May 12; Noon–1:30 p.m.

WIC Office, 3rd floor

For prenatal women considering breastfeeding. Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Learn about hospital practices that support breastfeeding and signs that breastfeeding is going well. Dads and grandparents are welcome, too.

Call 524-7970 to register.

Make your own baby food

Friday, April 10

11:00 a.m.–Noon

WIC Office, 3rd floor

27 Federal Street, St. Albans

Making your own baby food is easy. You can use many of the same foods the rest of your family eats. Most foods can be cooked and pureed for young babies and later chopped when your baby is ready for more textures. Join us for this food demonstration and taste testing. Participants will take home a free recipe book.

Call 524-7970 to register.